What To Do When Air Pollution Reaches Unhealthy Levels

Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. In areas with what To Do When Air Pollution Reaches Unhealthy Levels, should minimize outdoor activity.

In areas with what To Do When Air Pollution Reaches Unhealthy Levels, should discontinue all vigorous outdoor activities regardless of duration.

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The Cleanest Time of the Day * is based on forecasts of below-average AQI for PM2.5 and Ozone. These forecasts do not include PM10. They may differ from the actual AQI and users should also check the current AQI measurements at http://www.aqmd.gov/aqi for the Cleanest Time of the Day. Daily Air Quality Forecasts and Advisories by Email -- Subscribe or Modify Settings at: http://www.aqmd.gov/ForecastAreas

Contact AQMD: 1-800-CUT-SMOG or (909) 396-2000
http://www.aqmd.gov/ForecastAreas